

# TIPS FOR PARENTS

## How can you help your child?



### TALKING WITH YOUR CHILDREN IF THEY ARE BULLYING OTHERS

All children are capable of bullying at some time and it is important for parents to respond in a calm and helpful manner.

#### Encouraging your children not to bully others

Parents can:

- Talk with your children about what is acceptable behaviour and what is not, e.g. “we should not tease people to make them feel bad”;
- Work together with your family to establish simple rules and expectations about how to treat each other amongst the family members;
- Encourage and provide opportunities for your children to openly discuss bullying issues with the family;
- Discuss friendship and help your children make friends by encouraging them to play with other children at school, at home or in the neighbourhood;
- Invite other children over for visits and help your children make their guests feel welcome;
- Encourage your children to share their things with other children they feel would enjoy them too; and
- Improve your children’s self-esteem by encouraging them to have a go at new activities and thinking about their abilities in a realistic way.